

# FORGING THE FUTURE:



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## Friday FACTS

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"Leadership, Partnership, and Championship"

### Prevention Approaches: Putting it all together

Each year, hundreds of thousands of Americans die prematurely as a result of diseases that often are preventable, such as heart disease, cancer, diabetes, and HIV. Individual behaviors often contribute to these diseases and to other causes of death. These behaviors include tobacco use, lack of physical activity, poor eating habits, substance abuse, sexual behavior, and violence.

Individuals, communities, clinicians, health systems, policymakers, and businesses and other organizations can contribute to preventing disease and to improving the health of the Nation. Involving such a broad constituency in prevention requires the coordinated, widespread dissemination of information, based on scientific evidence, about which prevention efforts work to improve health and the quality of life.

The Department of Health and Human Services, Office of Disease Prevention and Health Promotion (ODPHP), through the national initiative **Healthy People**, sets national goals for increasing quality and years of healthy life and eliminating health disparities. Healthy People 2010 outlines a comprehensive nationwide health promotion and disease prevention agenda. This agenda is designed to serve as a guide to increasing quality and years of healthy life and to eliminating health disparities. The foundation of Healthy People 2010 is science-based prevention research and national data from more than 190 health surveillance and data systems. For more information about Healthy People 2010 search the ODPHP Web site <http://www.health.gov/healthypeople> or call 1-800-367-4725.

The Agency for Healthcare Research and Quality (AHRQ), through the **Guide to Clinical Preventive Services**, informs clinicians about the appropriate role of preventive services in primary health care and informs the public about the individual's role in staying healthy. AHRQ convenes the U.S. Preventive Services Task Force (USPSTF), an independent panel of experts in primary health care and prevention first established in 1984. The mission of the USPSTF is to conduct comprehensive assessments of a wide range of preventive services—including screening tests, counseling measures, immunizations, and preventive medications—and to make recommendations about which services should be provided routinely as part of primary health care.

The third USPSTF was convened in November 1998 to update previous recommendations and to address new topics. Individual reports and recommendations are available beginning in April 2001, and there are plans to revise the entire Guide by 2003. To view individual chapters and third USPSTF recommendations as they are released, search the AHRQ Web site at <http://www.ahrq.gov/clinic/prevenix.htm> or call the AHRQ Publications Clearinghouse at 1-800-358-9295.

The Centers for Disease Control and Prevention (CDC), through the **Guide to Community Preventive Services**, focuses on recommendations for educating, planning, and delivering preventive health services at the community level. Like the Guide to Clinical Preventive Services, the Guide to Community Preventive Services is being developed by an independent task force. The Task Force on Community Preventive Services reviews and assesses the quality of available evidence on the effectiveness and cost-effectiveness of essential community preventive health services and develops recommendations based on the evidence.

The **Navy Environmental Health Center (NEHC), Health Promotion and Population Health Directorate**, supports the achievement of Healthy People 2010 Goals through the implementation of clinical and community preventive services. Prevention guidance and technical assistance can be obtained by searching the Health Promotion and Population Health Website at: <http://www-nehc.med.navy.mil/hp>.

**We can't always control what happens to us in life, but we can control how we respond and what we make of our experiences. -Lou Tice**